

# MYOFASCIAL RELEASE Exercises

## KEY POINTS

1. Locate and concentrate on pain spots until pain disappears (20 sec. to 2 min.).
2. Stay on the soft tissue, avoid bony and joint areas.
3. Stretch your arms and your neck muscles to maintain a neutral neck/head alignment.
4. Breathe slowly and consistently (2 seconds in, 4 seconds out).
5. Drink plenty of water.
6. Work both sides of the body.

### NECK RELEASE

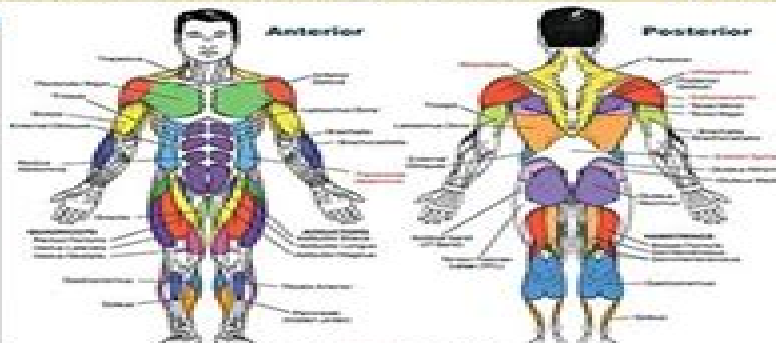
**Back & Front**

**Back to 90°**

**Front to 90°**

1. Place the roller under the neck in the neutral position.
2. Roll the roller back and forth, keeping the head in the neutral position.
3. Roll the roller forward and back, keeping the head in the neutral position.

**Range of Motion:** Roll the roller back and forth in the neutral position.



### QUADRICEP RELEASE

1. Lay face down with the roller positioned on your thighs. Place your forearms on the floor for leverage.
2. Roll the roller back and forth from just below the knee to just below the hip.
3. Repeat the motion on the leg to decrease discomfort.

**Range of Motion:** Roll the roller back and forth from just below the knee to just below the hip.

### UPPER BACK RELEASE

1. Lie on your upper back on the roller with your knees bent and your arms extended over your head, and your feet in the neutral position.
2. Roll the roller back and forth, keeping the head in the neutral position.
3. Roll the roller forward and back, keeping the head in the neutral position.

**Range of Motion:** Roll the roller back and forth in the neutral position.

### LOWER BACK RELEASE

1. Sit on the roller with your knees bent and your arms extended over your head, and your feet in the neutral position.
2. Roll the roller back and forth, keeping the head in the neutral position.
3. Roll the roller forward and back, keeping the head in the neutral position.

**Range of Motion:** Roll the roller back and forth in the neutral position.

### PIVOT AND HANDBAND RELEASE

1. Sit on the roller with your knees bent and your arms extended over your head, and your feet in the neutral position.
2. Roll the roller back and forth, keeping the head in the neutral position.
3. Roll the roller forward and back, keeping the head in the neutral position.

**Range of Motion:** Roll the roller back and forth in the neutral position.

### T-Spine RELEASE

1. Lay on your back on the roller with your knees bent and your arms extended over your head, and your feet in the neutral position.
2. Roll the roller back and forth, keeping the head in the neutral position.
3. Roll the roller forward and back, keeping the head in the neutral position.

**Range of Motion:** Roll the roller back and forth in the neutral position.

### IT BAND AND TFL RELEASE

1. Place the roller under your right leg.
2. Roll the roller back and forth, keeping the head in the neutral position.
3. Roll the roller forward and back, keeping the head in the neutral position.

**Range of Motion:** Roll the roller back and forth in the neutral position.

### INNER THIGH RELEASE

1. Lay face down, with your knees bent and your arms extended over your head, and your feet in the neutral position.
2. Roll the roller back and forth, keeping the head in the neutral position.
3. Roll the roller forward and back, keeping the head in the neutral position.

**Range of Motion:** Roll the roller back and forth in the neutral position.

### SHOULDER & LAT RELEASE

1. Lay on your side, with your knees bent and your arms extended over your head, and your feet in the neutral position.
2. Roll the roller back and forth, keeping the head in the neutral position.
3. Roll the roller forward and back, keeping the head in the neutral position.

**Range of Motion:** Roll the roller back and forth in the neutral position.

### GLUTE RELEASE

1. Sit on the edge of the roller with your knees bent and your arms extended over your head, and your feet in the neutral position.
2. Roll the roller back and forth, keeping the head in the neutral position.
3. Roll the roller forward and back, keeping the head in the neutral position.

**Range of Motion:** Roll the roller back and forth in the neutral position.

### CALF AND SHIN RELEASE

1. Lay face down, with your knees bent and your arms extended over your head, and your feet in the neutral position.
2. Roll the roller back and forth, keeping the head in the neutral position.
3. Roll the roller forward and back, keeping the head in the neutral position.

**Range of Motion:** Roll the roller back and forth in the neutral position.



## Safety Rules:

1. Breathe properly, inhale and exhale.
2. Do not use the roller on bony or joint areas.
3. Do not use the roller on the neck or head.
4. Do not use the roller on the face or eyes.

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# Myofascial Release Chart Poster

**Katrin Zwirglmaier**



## **Myofascial Release Chart Poster:**

*The Journal of the American Osteopathic Association*, 2009      *Wall & Melzack's Textbook of Pain* Stephen McMahon, FMedSci, FSB, Martin Koltzenburg, MD, FRCP, Irene Tracey, Dennis C. Turk, PhD, 2013-06-21 2014 BMA Medical Book Awards Highly Commended in Anaesthesia category Apply the latest scientific and clinical advances with Wall Melzack's Textbook of Pain 6th Edition Drs Stephen McMahon Martin Koltzenburg Irene Tracey and Dennis C Turk along with more than 125 other leading authorities present all of the latest knowledge about the genetics neurophysiology psychology and assessment of every type of pain syndrome They also provide practical guidance on the full range of today's pharmacologic interventional electrostimulative physiotherapeutic and psychological management options Benefit from the international multidisciplinary knowledge and experience of a who's who of international authorities in pain medicine neurology neurosurgery neuroscience psychiatry psychology physical medicine and rehabilitation palliative medicine and other relevant fields Access the complete contents online anytime anywhere at [www.expertconsult.com](http://www.expertconsult.com) Translate scientific findings into clinical practice with updates on the genetics of pain new pharmacologic and treatment information and much more Easily visualize important scientific concepts with a high quality illustration program now in full color throughout Choose the safest and most effective management methods with expanded coverage of anesthetic techniques Stay abreast of the latest global developments regarding opioid induced hyperalgesia addiction and substance abuse neuromodulation and pain management identification of specific targets for molecular pain and other hot topics      Developmental Medicine and Child Neurology, 2000      *Journal of Orofacial Pain*, 1998      *Whitaker's Books in Print*, 1998      The Myofascial Release Manual Carol Manheim, 2024-06-01 Continuing the tradition that started over 20 years ago and with a new focus on the current terminology regarding each technique The Myofascial Release Manual is now available in a completely updated and comprehensive Fourth Edition Carol J Manheim has taken years of knowledge and expertise and incorporated them with the actual intent and result of the myofascial release treatment techniques to bring to the pages of this Fourth Edition essential information for the student and clinician in search of basic information or wanting to refine more experienced skills of these manual therapy techniques Features inside the Fourth Edition Techniques re titled to reflect the sensation felt by both the therapist and the patient More than 75 new photographs Over 450 in total Some photographs are shown as a series to allow for movement to be seen during some techniques Bolded text to call attention to major warnings contraindications and target vital information Italicized text to call attention to important words and key points More synthesized use of text and photographs to allow for ease of reading and reference User friendly organization throughout the text Photographs use arrows to show direction of stretch and movement Carol's Nuggets of pearls of wisdom are included throughout the text Contributions from renowned experts Sam Kegerreis Robert O Ward and Steven Nowicki The Myofascial Release Manual Fourth Edition continues in the tradition of past editions and presents expert hand placement for the upper quarter lower

quarter cervical region abdominal muscles back muscles and many more Sections include Introduction to Myofascial Release Basic Myofascial Release Techniques Advanced Myofascial Release Techniques Evaluation Additional Resources The description and photographs in The Myofascial Release Manual Fourth Edition help the therapist experience the technique making this the continued go to reference for students and clinicians in physical therapy manual therapy and occupational therapy alike *Myofascial Release and Muscle Stretching in Trigger Points* Sonia Pawaria,Sheetal Kalra,Joginder Yadav,2017-01-19 *The Myofascial Release Manual* Carol J. Manheim,1994 Describes the ways in which the therapist receives feedback from the patient particularly nonverbal feedback The therapist learns to sense the feedback and interpret and respond to it As a result the therapist will determine how much how long and how forceful the stretch will be according to the responses of the patient s body Includes Assessment Forms to help the therapist evaluate the patient s need for Myofascial Release and monitor progress throughout therapy Discusses soft tissue injury and its treatment through the myofascial stretching technique Long standing injuries that have not responded to other methods of treatment can often be treated successfully with Myofascial Release *Myofascial Release at Home. Myofascial Release Self-Treatment Guide. Drug Free Methods and Tools to Stop Your Pain.* Robert Ryder,2020-11-10 Myofascial Release at Home Suffering from myofascial pains can be very distressing especially if you don t understand the causes behind the pain Understanding fascia is crucially important on your journey to a pain free life The pain you feel in one part of your body can often be caused by muscle knots elsewhere in your body This is called the referred pain which is the common symptom of myofascial trigger points After reading this book you will be understand fascia and the role it plays in your pain This book contains effective and easy self treatment methods to do myofascial release at home and describes all the possible causes of myofascial pain along with their self treatments in detail Myofascial Release at Home is a must read for anyone suffering from myofascial pains with drug free powerful and effective methods and tools to achieve life changing results About the author Robert Ryder is a retired doctor in Chicago USA specialized in physiotherapy and myofascial release He has helped countless people with myofascial pain including athletes He had also suffered from myofascial pain before he became specialized in treating it Some of his patients lived too far away and couldn t travel to his practice often enough but still wanted to do myofascial release at home That s how the idea of his book was born to help people to do myofascial release at home Covered in this book anatomy of muscle anatomy of fascia commons reasons for myofascial pain foam rollers history of myofascial techniques indications and contra indications massage myofascial release balls nutritional aspects pre and post treatment guidelines prevention risk factors stretching tender points what will you be able to achieve and much more [Myofascial Release Therapy](#) Michael J. Shea, Ph.D.,Holly Pinto,2014-11-18 Michael Shea one of the foremost experts on myofascial release presents straightforward practical instructions for dramatically releasing pain and restriction of motion in the body s fascia muscles and connective tissue He introduces a soft tissue hands on approach for massage therapists physical therapists and

other healthcare practitioners that reduces tension and stress in their clients entire myofascial systems as well as their musculoskeletal and cardiovascular systems Therapists with little or no background in myofascial release and deep tissue reorganization can follow this book s easy guidelines in order to facilitate substantial orthopedic changes and pain reduction in their clients Illustrated with 70 black and white photos Myofascial Release Therapy includes an at a glance section that provides a step by step procedure for quick reference Each photo is supplemented with instructions as well as with arrows for easy reference in the clinic This book provides the first integration of the verbal visceral and palpation skills of the therapist It also includes work on the viscera as a way of integrating soft tissue work through the abdomen and pelvis While manuals on the bones muscles and viscera have previously been divided into separate volumes this book combines them into one The author offers specific tools and protocols for helping patients destructure past somatic experience and reform it into something healthier He illuminates the interconnectedness between bodies and their relationships to the outside world including how sensations feelings and emotions are organized in the body and how they are coupled to meaning and memory The result of many years of experience and knowledge this book provides compelling evidence that myofascial release therapy encourages more rapid healing response of injured tissue **Myofascial Release** Ruth Duncan,2021-11-17

Myofascial Release Second Edition provides comprehensive training for hands on therapists of all disciplines and at all levels to expand their practices This scientifically grounded whole body approach presents an overview of the entire fascial matrix

Myofascial Release Ruth A. Duncan,2014 *A Patient's Guide to Understanding Myofascial Release* Cathy

Covell,2014-01-17 This book is a great resource for anyone in the healthcare profession or anyone who facilitates the healing process It is especially helpful for body workers and therapists It gives simple answers that can help both therapists and patients with their understanding of the healing process in general and also helps with more specific questions about myofascial release Some of the questions are what is myofascial release How is myofascial release different from other techniques What can myofascial release help with The answers given are simple concise and will help with an overall understanding of the healing process which can then allow for faster and more significant results **Myofascial Release**

Duncan, Ruth,2014-03-28 Myofascial Release provides comprehensive training for hands on therapists of all disciplines and at all levels to expand their practice From technique descriptions and their applications to client interactions and the preservation of practitioner strength and functionality this guide teaches therapists every crucial aspect of employing myofascial release to its fullest benefit Myofascial Release ,1990 **A Therapist'S Guide to Understanding**

**Myofascial Release** Cathy Covell,2014-01-17 This book is a great resource for anyone in the healthcare profession or anyone who facilitates the healing process It is especially helpful for body workers and therapists It gives simple answers that can help both therapists and patients with their understanding of the healing process in general and also helps with more specific questions about myofascial release Some of the questions are what is myofascial release How is myofascial release

different from other techniques What can myofascial release help with The answers given are simple concise and will help with an overall understanding of the healing process which can then allow for faster and more significant results Cathy Covell lives what she writes She is the Speak Speech Talks the Speak Speech Is the Speak Speech Feel your aliveness Feel how much safer it is to feel your aliveness then to stay numb Cathy Covell actually shows you how to do this How to feel human and alive all at the same time Mary Ryan They are all great must have books Dan Betz Cathy s book has been vital to my healing journey I have received Myofacial Release Therapy MFR for many years that has greatly benefited my health and kept me from disability retirement in my early 40 s Nevertheless it was not until Cathy started writing her books explaining what Myofascial Release Therapy is in an honest clear and fun way that I started understanding the treatment and my role in the process Since then my health has improved at a faster pace the benefits of treatment at the clinic or self treatment are much greater than before and the results are long lasting Anyone receiving Myofascial Release Treatments will definitely benefit from reading Cathy s book Feeling Your Way Through and A Patient s Guide to Understanding Myofascial Release Simple Answers to Frequently Asked Questions Mercedes Reaves We have been buying Cathy s books for a few years to sell here in the UK as they are a fantastic resource for both therapists and clients offering a wisdom of information and wealth of practical understanding to the John F Barnes approach to myofascial release I would recommend these books to anyone interested in myofascial release as a therapy for pain and discomfort or as an adjunct to their learning experience from attending seminars Cathy writes with both passion for the work as well as from her skill and expertise through her years of dedication to the approach great books Cathy Ruth Duncan Cathy does a wonderful job of conveying principles of myofascial release with books that are clear and profound She does a great job of answering many of the questions that therapists and patients often have and sharing great insights from her vast well of wisdom and experience Mary Winslow Cathy Covell s books are fantastic She has a gift for brilliantly conveying information and wisdom in an easily digestible fashion Her books have helped me as a therapist and as a patient I give all of my new patients one of her books at their first visit at my wellness center Bravo Cathy Phil Tivolacci     **Travell and Simons' Trigger Point Flip Charts** Janet G. Travell,David G. Simons,1996 Volumes 1 and 2 of Drs Travell and Simons Myofascial Pain and Dysfunction The Trigger Point Manual have been hailed as the definitive references on myofascial pain and locating trigger points Now all the upper and lower extremity pain patterns and their corresponding trigger points are clearly illustrated on convenient flip charts ideal for patient education     **Trigger Point Therapy with the Foam Roller** Karl Knopf,Chris Knopf,2014-10-07 Unlock the healing powers of trigger point foam rolling with easy to follow exercises anyone can do at home and in the gym Deceptively simple and incredibly versatile the trigger point foam roller is a highly effective self therapy tool By following the step by step movements in this book you can maximize its healing potential to Alleviate Pain Speed Recovery Release Tension Break Up Knots Rehabilitate Injuries Increase Flexibility A complete guide to using this amazing piece of equipment for self treatment

Trigger Point Therapy with the Foam Roller shows how to soothe relieve and heal the tight muscles caused by everything from hours sitting at a desk to overdoing it at the gym It also details the best methods to release painful trigger points and break up soft tissue adhesions that contribute to chronic pain      **Freeing Emotions and Energy Through Myofascial Release** Noah Karrasch,C. Norman Shealy,2012-01-15 Written for bodywork and manual therapy practitioners from a wide variety of disciplines as well as other healers who want to expand their skills this generously illustrated book explains how and where emotions and static energy are held in the body and how they can be released and rebalanced in therapies that challenge bodymindcore awareness      **Myofascial Release** Merl Buchreich,2014-12-18 If you re looking for an easy to follow guide for at home myofascial release exercises using an object as simple as a tennis ball then this book is for you Myofascial comes from two words myo meaning muscles and fascial meaning surrounding areas or connective tissues Self myofascial release techniques are essentially stretching techniques with the purpose of reducing chronic body pains to allow you to move around freely Perfectly healthy athletes love to practice myofascial release too since it helps speed up their recovery period between workouts and also keeps them flexible Self myofascial release is extremely useful because you can perform the exercises yourself in the confines of your own home Its unprecedented popularity is a testament to how effective it is as a therapeutic technique for pain The exercises presented in this book are simple and easy to follow not to mention inexpensive yet highly effective All you ll need is a tennis ball or other similar object Continue reading to learn more and get started now

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